



news and information
for employees of the
City of Saint Paul

October 18, 2002

In this issue

Open enrollment sessions
end October 31st

Depression Education
and Awareness Month

Attend the Toastmasters
Open House

Mayor

Randy Kelly

Councilmembers

Dan Bostrom,
President

Jay Benanar

Jerry Blakey

Christopher Coleman

Patrick Harris

Kathy Lantry

Jim Reiter

City Update

170 City Hall
Saint Paul, MN 55102
editor 651-266-8700
fax 651-266-8689
city.update@ci.stpaul.mn.us
www.ci.stpaul.mn.us/cityupdate

City Update is published bi-weekly
by the Citizen Service Office.
Submission deadline is noon,
Tuesday, one week before payday.

City Update
www.ci.stpaul.mn.us/cityupdate

Open enrollment ends October 31st

Reminder... open enrollment for
2003 benefits ends soon! You must
complete your Benefit Election Form
and submit it to Ochs Inc. by October
31st, 2002.

There are still four open enroll-
ment sessions where you can get
assistance with completing your
forms; be sure to read your enroll-
ment material and bring your
Benefits Booklet and Benefit Election
Form with you:

Mon., Oct. 21st, 8:00 a.m. – 4:00 p.m.

City Hall Conference Center

Room 40A & B

Employees attending open
enrollment sessions in the Confer-
ence Center are to attend alphabeti-
cally by last name as follows:

J - R 8:00 - 11:00

S - Z 11:00 - 1:30

A - I 1:30 - 4:00

.....

Thu., Oct. 24th, 11:00 a.m. – 4:30 p.m.

Dale Street Garage, 2nd Floor Training Rm

891 Dale Street North

Employees attending open
enrollment sessions at the Dale Street
Garage are to attend as follows:

11:00-12:30 - Street Maintenance

12:30-2:30 - Sewer Mtce/Municipal Equip

2:30-4:30 - Traffic Operations

.....

Mon., Oct. 28th, 8:00 a.m. – 4:00 p.m.

City Hall Conference Center

Room 40A & B

Employees attending open
enrollment sessions in the Confer-
ence Center are to attend alphabeti-
cally by last name as follows:

S - Z 8:00 - 11:00

A - I 11:00 - 1:30

J - R 1:30 - 4:00

.....

Thu., Oct. 31st, 8:00 a.m. – 4:00 p.m.

City Hall Conference Center

Room 40A & B

Employees attending open
enrollment sessions in the Confer-
ence Center are to attend alphabeti-
cally by last name as follows:

A - I 8:00 - 11:00

J - R 11:00 - 1:30

S - Z 1:30 - 4:00

.....

National Depression Education and Awareness Month

Symptoms of Depression

Not everyone who is depressed
experiences every symptom. Different
people have different symptoms.
Some people experience a few
symptoms, some many. Also, severity
of symptoms varies with individuals.
These include:

- Persistent sad, anxious, or
“empty” mood

- Feelings of hopelessness,
pessimism

- Feelings of guilt, worthlessness,
helplessness

- Loss of interest or pleasure in
hobbies and activities that were once
enjoyed, including sex

See DEPRESSION on page 2

www.ci.stpaul.mn.us

Places to go. Things to do.

ilovesaintpaul.com

DEPRESSION from page 1

- Insomnia, early-morning awakening, or oversleeping
- Appetite and/or weight loss or overeating and weight gain
- Decreased energy, fatigue, being "slowed down"
- Thoughts of death or suicide; suicide attempts
- Restlessness, irritability
- Difficulty concentrating, remembering, making decisions
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain

If you or someone you know has questions or concerns about depression, anxiety, mood swings, or other mental health conditions, now is a good time to get help. The City offers HealthPartners Employee Advisory Resource (EAR), a free, confidential employee resource program. Whether you have a simple question or a complex concern, EAR can provide you with support, information, and resources to address your specific needs.

Public Works' Second Harvest collection time

Second Harvest Fund Drive has started already. You may notice that there are candy jars out in Public Works on the 7th, 9th, and 10th Floors of the City Hall Annex. The

EAR can help you:

- Stay resilient during times of stress
- Learn to recognize the symptoms of depression in children, teens, adults, and older people
- Understand the underlying causes of depression
- Find support and develop a treatment plan
- Find referrals to therapists in your community
- Cope with loneliness, "empty nest" syndrome, or mid-life changes
- Understand the process of grieving
- Talk with your children about death and dying
- Find ways to support friends and co-workers who have experienced a loss
- Locate support groups and resources in your community

Call EAR at 1-800-659-7594 for more information. EAR is free, effective, and easy to use. Best of all, EAR is available to you any time of the day, wherever you are.

EAR is brought to you through HealthPartners. Copyright 2002 Ceridian Corporation. All rights reserved.

sweets for the tummy are 25¢ each. All the money collected from those candy jars is going to Second Harvest. So far we have over \$200.00.

The date of the Bake Sale has changed a bit. It will be on Friday, November 15th. It's on the 9th floor.

One thing that doesn't change is

Toastmasters Open House

Are you interested in learning more about the art of public speaking? Would you enjoy being part of a fun, relaxed group that meets once a week?

Public Employees Toastmasters invite City of Saint Paul and Ramsey County employees to attend an Open House on Wednesday, October 30th, in Room 1503 of the City Hall Annex.

Meet members of Public Employees Toastmasters to learn what takes place at a Toastmaster meeting. Refreshments are available.

Participation in Toastmasters can help you become more comfortable with public speaking, builds inner confidence and leadership skills in a relaxed and informal atmosphere.

Public Employees Toastmasters meet on Wednesdays at 12:00 noon in Room 1503 of the City Hall Annex.

For information, contact Ruth Schumi, President (Parks and Recreation, or), at 651-266-6432, or Tom Dobrick Membership(Human Resources) VP Membership at 651-266-6485.

the need for volunteers. The sale needs bakers to donate goodies for the bake sale. Want to donate? Call Marlys at 651-266-6081.

The fund drive for Second Harvest has been such a success each year. It's only because all of you help make it that way. Thank you!

City job openings as of October 18th, 2002

Application deadline	Job title	Bi-weekly or hourly salary rate	Exam date
Open	ECC Telecommunicator	\$1,417.26 bi-weekly	See Job Ann
Open	IS Info/Tech Analyst IV	\$1,821.08 bi-weekly	See Job Ann
Open	Life Guard	\$8.20 per hr	See Job Ann
12/27/02	Ski Instructor I(seasonal/temporary)	\$7.50 per hr	See Job Ann
Open	Senior Pool Attendant	\$9.79 per hr	See Job Ann
Open	Swimming Pool Supervisor	\$11.37 per hr	See Job Ann
Open	Water Safety Instructor	\$8.72 per hr	See Job Ann

** This is a walk-in-examination. Do not submit a job application before the test.

Note: Call or visit the Office of Human Resources to receive the official job announcement for these positions. Location: 400 City Hall Annex. Phone: 651-266-6500 or visit the web site: www.ci.stpaul.mn.us/jobopenings. For jobs announced after October 10th, please call our 24-hour job line, 651-266-6502.